

Extra Easy Hummus Dip

Prep Time: 1

Served with pita bread and fresh vegetables, hummus makes a great, healthy alternative to chips and dip. It is a traditional Mediterranean dish. Hummus is made from garbanzo beans, or chickpeas, which can be found next to the other canned beans at the grocery store. They are a good source of protein and fiber.

1 (15 ounce) can no-salt added garbanzo beans or chickpeas, rinsed and drained
1 clove garlic, minced (1 teaspoon) or 1/8 teaspoon garlic powder
2 teaspoons ground cumin
1 Tablespoon Extra Virgin olive oil
2 Tablespoons vegetable broth

Using a fork, mash the beans, garlic, cumin, olive oil and vegetable broth together until it has reached desired consistency. Hummus should be slightly creamy and thick.

Serves 6

Calories 79; Fat 3g; Protein 3g; Carbohydrate 10g; Fiber 2g; Sodium 113mg.

NOTES: _____

Total Cost: \$3.30

Cost Per Serving (6): \$0.55

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